



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

Statistics Report 35182, Acorn stew (Apache) <sup>a</sup>

Report Date: July 15, 2017 23:38 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <sup>1</sup>	g	79.78	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Energy	kcal	95	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Energy	kJ	399	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Protein <sup>1</sup>	g	6.81	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Total lipid (fat) <sup>1</sup>	g	3.47	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Ash <sup>1</sup>	g	0.72	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Carbohydrate, by difference	g	9.22	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Fiber, total dietary <sup>1</sup>	g	0.7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Sugars, total <sup>1</sup>	g	0.34	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a>	g	0.16	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glucose (dextrose) <a href="#">1</a>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fructose <a href="#">1</a>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lactose <a href="#">1</a>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Maltose <a href="#">1</a>	g	0.19	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Galactose <a href="#">1</a>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Starch <a href="#">1</a>	g	6.57	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	14	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Iron, Fe <a href="#">1</a>	mg	1.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Magnesium, Mg <a href="#">1</a>	mg	12	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P <a href="#">1</a>	mg	62	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Potassium, K <a href="#">1</a>	mg	110	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Sodium, Na <a href="#">1</a>	mg	130	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Zinc, Zn <a href="#">1</a>	mg	1.60	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Copper, Cu <a href="#">1</a>	mg	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Manganese, Mn <a href="#">1</a>	mg	0.140	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Selenium, Se <a href="#">1</a>	µg	8.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Thiamin <a href="#">1</a>	mg	0.175	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Riboflavin <a href="#">1</a>	mg	0.125	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin <a href="#">1</a>	mg	2.140	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Pantothenic acid <a href="#">1</a>	mg	0.212	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-6 <a href="#">1</a>	mg	0.055	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folate, total <a href="#">1</a>	μg	33	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folic acid <a href="#">1</a>	μg	15	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folate, food <a href="#">1</a>	μg	18	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folate, DFE	μg	44	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2006
Vitamin B-12 <a href="#">1</a>	μg	0.68	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, RAE	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.30	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Tocopherol, beta <sup>1</sup>	mg	0.12	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tocopherol, gamma <sup>1</sup>	mg	0.23	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tocopherol, delta <sup>1</sup>	mg	0.05	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin K (phylloquinone) <sup>1</sup>	µg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
<b>Lipids</b>													
Fatty acids, total saturated	g	1.280	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
8:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
10:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
12:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
14:0 <sup>1</sup>	g	0.090	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:0 <sup>1</sup>	g	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
16:0 <sup>1</sup>	g	0.750	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
17:0 <sup>1</sup>	g	0.040	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:0 <sup>1</sup>	g	0.390	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
24:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total monounsaturated	g	1.680	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
14:1 <sup>1</sup>	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
15:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated <sup>1</sup>	g	0.110	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
17:1 <sup>1</sup>	g	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 undifferentiated <sup>1</sup>	g	1.510	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:1 <sup>1</sup>	g	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:1 undifferentiated <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
24:1 c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total polyunsaturated	g	0.297	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:2 undifferentiated <sup>1</sup>	g	0.260	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 undifferentiated <sup>1</sup>	g	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:4 <sup>1</sup>	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:2 n-6 c,c <sup>1</sup>	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:3 undifferentiated <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:4 undifferentiated <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:5 n-3 (EPA) <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
21:5 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:4 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:5 n-3 (DPA) <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:6 n-3 (DHA) <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Cholesterol <sup>1</sup>	mg	20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
<b>Amino Acids</b>													
Tryptophan <sup>1</sup>	g	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine <a href="#">1</a>	g	0.360	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Isoleucine <a href="#">1</a>	g	0.350	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Leucine <a href="#">1</a>	g	0.620	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lysine <a href="#">1</a>	g	0.580	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Methionine <a href="#">1</a>	g	0.160	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Cystine <a href="#">1</a>	g	0.090	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Phenylalanine <a href="#">1</a>	g	0.330	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tyrosine <a href="#">1</a>	g	0.250	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Valine <a href="#">1</a>	g	0.390	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Arginine <a href="#">1</a>	g	0.470	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Histidine <sup>1</sup>	g	0.230	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Alanine <sup>1</sup>	g	0.450	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Aspartic acid <sup>1</sup>	g	0.830	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glutamic acid <sup>1</sup>	g	1.510	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glycine <sup>1</sup>	g	0.420	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Proline <sup>1</sup>	g	0.460	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Serine <sup>1</sup>	g	0.330	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

#### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8c, 2004 Beltsville MD

#### Footnotes

<sup>a</sup> Boiled stew made with water, beef or deer, prepared acorns, dumpling strips, salt, and pepper.